



## From Hurt to Happiness: Emotional Rescue from the Ground Up

By MR Mike Van

Minh Van, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you struggle in your relationships? Do your relationships have more hurt than happiness, and you re not sure why Do you want to find more happiness in your life as a whole? If you answered yes to any of these questions, From Hurt to Happiness is for you. When you meet author Mike Van today, you would never imagine the pain he experienced in his past. From fleeing a war ravaged country as a boy, to years of being bullied and finding himself on the brink of suicide at nineteen, to overcoming the lingering depression that plagued him from childhood. With heart-wrenching candor, Van shares his many challenges and the path he found to ultimately overcome them. He takes us inside his personal road to rebuilding his inner strength, his identity, and his life. These are trials we all may have experienced in one way or another. Through relaying his personal strife, Van shares the many pitfalls of relationships and the secrets to their success. In From Hurt to Happiness, he lays out the twenty-five secrets...

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